From the Desk of the Principal

Preparation for Examinations:

“By failing to prepare, you are preparing to fail” Benjamin Franklin and Sir Winston Churchill

The time has now come for students in grades 2 through 12 to prepare for the Michaelmas end of term examinations. As a school, we will go into examination mode beginning the 29th November 2017. Parents, please note that students are expected to achieve 60% or higher in their examinations.

We would like for your child to:
1. Plan and follow a daily study schedule
2. Get a minimum of 7 hours rest before each test day
3. Eat a healthy breakfast every morning.

Here are a few tips for students before the test:
1. Keep up with your homework assignments
2. Take good notes and keep them organized
3. Make a copy of your exam timetable and plan to review your work before the actual test date

Test taking strategies:
1. Read the questions and instructions carefully
2. Do not spend too much time on any one question
3. Answer the question that you are sure of first, no matter where the question appears in the test.
4. Write neatly in your best handwriting.

I wish you all of the best in your examinations!

Dr. Nevillene Evans, Principal
S.J.C. Guidance Department News, Important Dates and Highlights...

If you require additional information, please feel free to contact any member of the Guidance Department.

Key Dates to Remember

**November 2017**

- **Nov 2nd**: SAT exam registration deadline online at www.Collegeboard.org (Grades 11 & 12)
- **Nov 7th**: University of The Bahamas Campus tour (Gr12)
- **Nov 14th**: World Diabetes Day (water only)
- **Nov 16th**: Thelma Grimes College Fair Tour Grade 12
- **Nov 17th**: Thelma Grimes College Fair Tour Grade 11
- **Nov 21st**: Registration Deadline for SAT exam scheduled for December 2, 2017

**December 2017**

- **Dec 1st**: World AIDS Day
- **Dec 2nd**: SAT exam (Sign in time is at 7:30 am exam starts 8:00am sharp)
- **Dec (TBA)**: Senior Graduation picture day (date will be announced in November’s Giant)

**February 2018**

- **Feb 1st**: Careers Fair
- **Feb 9th**: SAT exam registration date Deadline registration for SAT exam scheduled for Mar. 9, 2018

**March 2018**

- **Mar 8th**: World Kidney Day/ Water Day
- **Mar 9th**: Visit to Nazareth Center to share with residents and give gifts.
- **Mar 10th**: SAT Exam (Sign in time is at 7:30 am Exam starts at 8:00am sharp)

**April 2018**

- **April 9th**: Grade 10 Community Service booklets due to Guidance Department
- **the April 16th -20th**: Grade 11 Student Work Experience Program

**May 2018**

- **May 3rd**: Green Mass
- **May 4th**: Grade 12 luncheon
- **May 5th**: World Asthma Day

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**World Diabetes Day**

World Diabetes Day was introduced in 1991 by the World Health Organization and the International Diabetes Federation to increase global awareness, to promote diabetes care – prevention and cure, because of the concerns of “an escalating Diabetes epidemic”. The day is celebrated annually on November 14th, the birthday of Frederick Banting, who was the co-discoverer of insulin in 1922. This year’s theme is, “Women & Diabetes: Our right to a healthy future.” The Centre for Disease Control (CDC) defines Diabetes as a “condition in which the body does not properly process food for use as energy. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies.” There are two main types of Diabetes. In Type 1, the body cannot make enough insulin. Type 2 occurs when the body is unable to properly use the insulin that it does make.

In 2015, there were more than 415 million people worldwide living with the disease. Over 93 million diabetics (about 1/3) have some form of diabetic retinopathy, a complication of the disease that adversely affects vision and can lead to blindness. One in every two (2) adults with Diabetes is unaware that they have it. By the time that many people find out or are diagnosed with Diabetes, they already have complications. Changes in lifestyle habits can dramatically lower the chances of developing Type 2 Diabetes such as losing weight, eating a healthy diet, exercising and ensuring adequate rest.

Diabetes is prevalent in The Bahamas. Education and screening are essential in the prevention, early detection and treatment of this condition. If you experience any of the warning signs of Diabetes, or have any of the risk factors for Diabetes; be sure to have screening tests done. Visit the Bahamas Diabetic Association, Diabetic Research Institute, or a nearby clinic or health facility. Take responsibility for and control of your own health. Let’s do our part to reduce the risk and prevent the preventable!

The Guidance and Health Dept. “Water Day”, is scheduled for November 14th, 2017 and March 8th, 2018 when only water will sold on the school’s campus during school hours. Research has shown that the consumption of one or more sodas, fruit drinks and other sugary beverages on a daily basis can increase the risk of Type 2 Diabetes by 20%! Healthy food choices are encouraged; eating cooked meals rather than processed “fast foods”.

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<table>
<thead>
<tr>
<th>Some Warning Signs of Diabetes</th>
<th>Some Risk Factors associated with Diabetes</th>
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<tbody>
<tr>
<td>Excessive hunger</td>
<td>Obesity</td>
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<tr>
<td>Excessive thirst</td>
<td>Diet and physical inactivity</td>
</tr>
<tr>
<td>Frequent passing of urine</td>
<td>Increasing age</td>
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<tr>
<td>Weight loss</td>
<td>Insulin resistance</td>
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<tr>
<td>Fatigue</td>
<td>Family history of diabetes</td>
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<tr>
<td>Slow healing wounds</td>
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</table>
**November**

**Responsibility**

1st All Saints Day  
7th Grades 7 Parents Meeting  
8th SJC Science Bowl  
14th World Diabetes Day/Water Day  
14th Prayer Chain  
16th SJC Interhouse Math Competition Grade 7  
16th Joint Remembrance Day Mass - Thanksgiving  
16th PTA Mtg. @ 6:30 p.m.  
18th P. E. Dept. Steak Out  
24th End of Michaelmas Term  
29th Advent Carol Service

**DECEMBER 2017**  

**Generosity**

1st World AIDS Day  
1-7th Secondary Exams  
6-7th Prep. Exams  
12th Prep. Xmas Programme 6:30 p.m.  
15th School Closes for Christmas  
15th Report Cards Issued  
21st School Office Closed  
24th Christmas Eve  
25th Christmas Day  
26th Boxing Day  
28th School Office Closed

**Our Sincere Sympathy**

Sincere sympathy is extended to families mourning the loss of loved ones during the month of October. May the Lord comfort you during this time and bring you His blessing of peace. Our prayers and thoughts are with you.

**Hearing Screening 2017**

This testing will be conducted on Monday, 20th November. The cost is $20.00. Payments should be made to the Bursar. No testing will be performed without parental/guardian consent.

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**Spotlight on .... The Flu**

**Flu**—a respiratory infection caused by the influenza virus.

**How is the flu spread?**

1. Direct contact with infected individuals, especially when people share close quarters e.g. in classrooms  
2. Inhaling infected droplets from coughing and sneezing  
3. Contact with surface, e.g. door knobs, pens, computers

**Signs & Symptoms:**

Fever, cough, sore throat, headaches body aches, extreme tiredness, fatigue, abdominal pain, backache, nausea

Remember: - You can help prevent the spread of flu by practising good hygiene:

- cover mouth and nose when coughing or sneezing  
- Wash hands frequently  
- Stay at home and away from others until fever is gone

**Immunization is the best protection against the flu!**

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**A very special Happy Birthday & Happy Anniversary to all Teachers, Staff and Students Celebrating a Birthday or an Anniversary during the month of**

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**Parent Teacher Association (PTA)**

All parents are encouraged to become active members of the PTA. Monthly meetings are held on the third Thursday of each month. The next meetings will be held on Thursday, 16th November, 2017 and Thursday, 18th January 2018 at 6:30 p.m. in the school’s Auditorium. **PLAN NOW TO ATTEND!**
Exciting Prep News!

**ONE BAHAMAS - SIR DURWOOD KNOWLES ESAY COMPETITON**

Grades 3-4 Semi-finalist Princess Strachan 3H
Semi-Finalists Grds. 5-6 Maria Ford & Kaiden Moss-Moultrie
Honorable Mention Grades 5-6 Maria Ford

The Ministry of Youth “Rising Star Award” Ceremony.
Our recipients were:
Kaiden Moss-Moultrie - Volunteerism
Maria Ford - Education
Whitfield Ching - Sports